

At-Home COVID-19 Testing

Testing at home helps prevent the spread of COVID-19 and keep schools open

Step 1: Get the following materials:

- One **Flowflex COVID-19 Antigen Rapid Tests** (with instructions).
- A device with internet access for submitting your results at <https://my.primary.health/l/caschools> or call at (650) 275-5419

Step 2: Test your student (or yourself if you are a staff member)

NO SYMPTOMS? Students and staff members with NO [COVID-19 symptoms](#) and NO known exposure to someone with COVID-19 should TEST ONE TIME:

- Test #1: The day after returning to school or whenever they show symptoms of COVID-19, or when they had an exposure (3-5 days after)

SCAN the QR code to WATCH a [video on how to test](#).

ANY SYMPTOMS? KNOWN EXPOSURE? If you HAVE ANY [COVID-19 symptoms](#) and/or you know you were exposed, stay home and isolate yourself, wear a mask when others are present, and re-test 3-5 days after exposure or symptom onset.

Step 3: Share your test results on Primary.Health.

Primary.Health is a secure website that reports your results to the school and the Health Department. **REGISTER** for Primary.Health at <https://my.primary.health/l/caschools> or use the QR code. NO INTERNET? Call your results at (650) 275-5419.



SCAN the QR code to REPORT test results to the Health Department

Step 4: Understand your test results

NEGATIVE TEST?

- If your student feels well and has no [COVID-19 symptoms](#), RETURN TO SCHOOL!
- If your student has SYMPTOMS or has been in contact with someone with COVID-19, they should stay home and isolate, wear a mask for 10 days when others are present, and re-test in 3-5 days after exposure or symptom onset. If the second test is negative and your student has no symptoms, they may return to school.

POSITIVE TEST? Stay home from school and contact your doctor and your school right away. Isolate for 5 days, and you have no symptoms, you may return to school always wearing a well-fitting mask.

UNCLEAR TEST RESULTS? Submit a photo of your results to [Primary.Health](#) or find a [local testing site](#) to retest. Make sure you have a photo of your test. **Questions about Primary.Health?** Contact 650-275-5419



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